



JUST THERAPY

Education

Acupuncture in Women's Health

1 day CPD course – 7 hours CPD

A one day course integrating acupuncture into the management of women's health patients. The three areas covered will be:

1) Acupuncture for pelvic pain

Evidence for the use of acupuncture in conditions such as vulvodynia and other chronic pelvic pain conditions will be covered. Evidenced protocols will be described and unfamiliar points practiced.

Myofascial pelvic pain presentations typically seen will also be presented alongside how to use acupuncture to treat associated trigger points.

2) Acupuncture in urogynaecology

The use of acupuncture for urinary incontinence, overactive bladder and associated symptoms will be presented. This will be a mix of both Western clinical reasoning and Chinese medicine reasoning in order to give a holistic approach.

Day Plan

Time	Topic	Teaching points	Method
9.00-9.15	Introduction		
9.15-10.00	Recap on the physiological effects of acupuncture	-acupuncture and pain -supraspinal effects of acupuncture	Presentation
10.00-10.45	Recap of Chinese medicine with focus on women's health	-yin/yang -blood -organs	Presentation
10.45-11.00	Break		

Time	Topic	Teaching points	Method
11.00-11.30	Acupuncture for pelvic pain	-vulvodynia -vestibulodynia -TCM theory	Presentation
11.30-12.30	Points practice	-unfamiliar points practice	Practical
12.30-13.00	Lunch		
13.00-14.00	Dry needling for pelvic pain	-gluteals -adductors -quadratus	Practical
14.00-14.30	Overview of Bladder control	-biomedical and TCM understanding	Presentation
14.30-14.45	Break		
14.45-15.00	Clinical reasoning for acupuncture in urogynaecology	-OAB -frequency -incontinence -nocturia -urgency	
15.00-16.00	Points needling	-unfamiliar points demonstrations	Practical
16.00-16.30	Case studies		Group work
16.30-16.45	Questions		